



# Monthly Menu - February 2019

Rainbow Heights Club is a psychosocial support and advocacy organization serving lesbian, gay, bisexual and transgender people living with mental illness.

A sugar-free beverage and garden salad and/ or fresh garden vegetables are served with all meals. Healthy afternoon snacks!

Menu is subject to change.

				1 <b>Mark's Quiche</b>
4 <b>Monica's Tuna/ Cheese Sandwiches</b>	5 <b>Turkey Burrito Burrito</b>	6 <b>Valerie's Eggplant &amp; chick Peas</b>	7 <b>Rafael's Egg Noodles &amp; Veggies</b>	8 <b>Scott's Baked Chicken with Rice &amp; Veggies</b>
11 <b>Jillian's P &amp; J Sandwiches</b>	12 <b>Sunny's Chicken With Rice &amp; veggies</b>	13 <b>Sunny's Ravioli Pasta</b>	14 <b>Rafael's Tilapia Rice &amp; Veggies</b>	15 <b>Mark's Turkey Burger Bar</b>
18 <b>Black Bean Burrito</b>	19 <b>Sunny's Entre^ Manicotti</b>	20 <b>Sunny's Tilapia Stew</b>	21 <b>Rafael's Tomatoes Soup &amp; Grilled Cheese</b>	22 <b>Mark's Hot Dog Bar</b>
25 <b>Lasagna rolls</b>	26 <b>Black Beans &amp; Rice</b>	27 <b>Valerie's Chicken Curry</b>	28 <b>Rafael's Macaroni Salad</b>	

